

# Lentil Stew

**Makes:** 10 servings

## Ingredients

- 2 teaspoons** olive oil (or canola oil)
- 1** onion (large, chopped)
- 1 teaspoon** garlic powder
- 1 1/2** 10-ounce packages of frozen sliced carrots
- 1 3/4 cups** dry lentils (rinsed and drained)
- 3 cans** diced tomatoes (14.5 ounces each)
- 3 cups** water
- 1 teaspoon** chili powder

## Directions

1. Heat the oil in a large pot over medium heat.
2. Add chopped onion.
3. Cook for 3 minutes, or until tender.
4. Stir in garlic powder, carrots, lentils, tomatoes, water and chili powder.
5. Simmer, uncovered, for about 20 minutes or until lentils are tender.

Maryland Food Supplement Nutrition Education program, 2009 Re

## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	184	
Total Fat	2 g	3%
Protein	11 g	
Carbohydrates	33 g	11%
Dietary Fiber	11 g	44%
Saturated Fat	0 g	0%
Sodium	303 mg	13%
*Percent Daily Values are based on a 2,000 calorie diet.		

## MyPlate Food Groups

Vegetables	1 1/2 cups
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